



Elderly Nutrition Department
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SENIOR COMMUNITY CAFÉ CALENDAR

CONGREGATE DECEMBER, 2003



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	Sole Florentine Fiesta Rice Whole Baby Carrots Tartar Sauce Wheat Bread Fresh Fruit	2	Cabbage Soup Keilbasa Pierogies in Butter Sauce Sauerkraut Mustard Rye Bread/Saltines Fruit Cocktail	3	Grape Juice Turkey Stew Tossed Salad W/ Dressing Buttermilk Biscuit Homemade Cookie	4	Meatloaf w/ Onion Gravy Sour Cream & Chive Mashed Potatoes Mixed Vegetables Wheat Bread Sliced Peaches	5	Grape Juice Mandarin Chicken Parslied Rice Oriental Blend Vegetables White Bread Apricots		
8	Farmer Brown Soup Breaded Pork Steak w/ Mushroom Gravy Mashed Potatoes French Cut Green Beans Wheat Bread/Saltines Tropical Fruit	9	Pineapple Juice Seafood Newburg Parslied Rice Peas & Pearl Onions Rye Bread Fresh Fruit	10	Grape Juice Chicken Filet on a Roll Macaroni Salad Italian Bean Salad Mayonnaise Hot Apple Crisp	11	Roast Pork w/ Gravy Lemon Glazed Sweet Potatoes Broccoli & Cauliflower Rye Bread Cinnamon Applesauce	12	Autumn Soup Macaroni & Cheese Zucchini & Tomatoes Pumpernickel Bread/Saltines Sliced Peaches		
15	Stuffed Salmon w/ Newburg Sauce White & Wild Rice Green & Waxed Beans Rye Bread Fresh Fruit	16	Tomato Rice Soup Roast Beef Au Jus Baked Potato Brussel Sprouts Wheat Bread/Saltines Apricots	17	HAPPY HOLIDAYS! Cranberry Apple Juice Stuffed Chicken Breast Sweet Potatoes w/ Raisins & Apples Vegetable Medley Cranberry Sauce Twelve Grain Bread Holiday Dessert	18	Sweet & Sour Pork Oriental Rice Oriental Blend Vegetables Wheat Bread Pineapple Tidbits & Mandarin Oranges Fortune Cookie	19	Minestrone Soup Spaghetti & Sausage w/ Peppers & Onions Italian Blend Vegetables Parmesan Cheese Italian Bread/Saltines Fresh Fruit		
22	Oven Fried Chicken Potato Salad Collard Greens Corn Muffin Fresh Fruit	23	Beef Stroganoff Parslied Bowties Mixed Vegetables Wheat Bread Sliced Pears	24	Apricot Nectar Roast Pork w/ Gravy Sweet Potatoes w/ Apples Brussel Sprouts Marble Rye Bread Hermit Cookie	25	CLOSED FOR CHRISTMAS HOLIDAY		26	CLOSED FOR CHRISTMAS HOLIDAY	
29	Salisbury Steak w/ Gravy Scalloped Potatoes Bias Cut Carrots Rye Bread Fresh Fruit	30	Six Bean Soup Grande Cheese Ravioli w/ Tomato Sauce Antipasto Salad w/ Dressing Italian Bread/Saltines Apricots	31	Grape Juice Baked Ham w/ Raisin Sauce Apple Butter Baked Beans Broccoli Oatmeal Bread Chocolate Brownie						

Elderly Nutrition Program meals are served Monday – Friday to persons and their spouses' 60 years of age or older. All meals are served with bread and butter, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).